

# 10K TRAINING PLAN INTERMEDIATE



WEEK	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
1	Rest	2-3km ( 15-20 mins) Steady	Rest	3km (20 mins) Steady with bursts	Rest / 30min Cross Train	Rest	3-4km Steady (20- 25mins)
2	Rest	3km (20 mins) Steady with bursts	Rest	3km (20 mins) Steady with bursts	Rest / 30min Cross Train	Rest	4km Steady (25mins)
3	Rest	3km Steady (20 mins) with bursts	Rest	3-4km (20-25mins) Steady with bursts	Rest / 30min Cross Train	Rest	4-5km Steady (25-30min)
4	Rest	3-4km(20-25mins) Steady with bursts	Rest	3-4 km Steady	Rest / 35-40min Cross Train	Rest	5-6km Steady (30-35mins)
5	Rest	1 km intervals - x 4 (4-5 min Rest)	Rest	3 km Tempo	Rest / 35-40min Cross Train	Rest	6-7km Steady (35-40 mins)
6	Rest	1 km intervals - x 5 (4-5 min Rest)	Rest	3-4 km Tempo	Rest / 40min Cross Train	Rest	7-8km Steady (40-45mins)
7	Rest	1km intervals x 5 (4-5 min Rest)	Rest	4-5 km Tempo	Rest / 40-45min Cross Train	Rest	8-9km Steady (45-50mins)
8	Rest	800m (3min)intervals x 6 (3-4 min Rest)	Rest	5-6 km Tempo	Rest / 40-45min Cross Train	Rest	8-9km Steady (45-50 mins)
9	Rest	800m (3min)intervals x 7 (3-4 min Rest)	Rest	5-6 km Tempo	Rest / 40-45min Cross Train	Rest	9-10 km Steady (50 - 60 mins)
10	Rest	800m (3min)intervals x 7 (3 min Rest)	Rest	3-4km Steady	Rest / 40-45min Cross Train	Rest	<b>RACE DAY</b>



## Explanation of Terms

If you're new to running, there will be a few terms in the Training Plan which might not make a huge amount of sense.

Although more information on training can be found on the [Improve your Running](#) section of the GH Training Website, here is an explanation of terms:

**Steady** - A "Steady" run is at a relaxed pace and one which you might describe as "comfortable". You should be able to socialise and talk running at this pace. The majority of your miles should be performed at this pace.

**Tempo** - A "Tempo" run is performed at a pace which is a touch quicker than your "Steady" pace. It's a pace which feels "comfortably hard." If you feel good and want to increase the intensity of your sessions - replace the occasional Steady run with a Tempo.

**Intervals** - An "Interval" session is structured series of short high intensity runs. Examples of interval session are a 5 x 1k (at a quick pace) with 4 minutes rest in-between intervals - or 8 x 800m with a 3 minute rest.

**Fartlek** - If you prefer a more "relaxed" version of Interval Training, try a "Fartlek" run instead. These session involve running for a set distanced run, such as 5k, where you simply throw in bursts of increased speed for random periods of time - whenever you feel like it.

**Cross Train** - If you fancy a change, swap a run with a Cross Training Session. Cycling, Swimming, Rowing or the "Elliptical" Cross Trainer in the gym are all good examples of Cross Training.



## Key points on how to use the Intermediate timetable

- Remember that it is just a guide, you do not necessarily have to follow it word for word. If you feel you need an extra day, then rest.
- It's absolutely fine to swap training days and rest days around. Amend the plan to suit your work, family and social commitments.
- If you have started training early, it's a good idea to repeat a week of training every now and again.
- Never run if you are carrying an injury, it'll only make it worse. If an injury persists, seek professional advice.
- If you feel your body and legs need a break from running, try a Cross Training session instead. Swimming and cycling are excellent.
- Don't feel guilty if you miss the odd run. Life has a pleasant or sometimes unpleasant habit of getting in the way of training. If you miss a week or two of training however, go back a week or so in the timetable and build your fitness levels back up again.

## Training diary

Use the following pages to scribble down any notes you wish about your training. This might include information such as:

- The route you took.
- The distance and time of the run.
- How you felt during the run.

## TRAINING DIARY

DATE	DISTANCE RUN	NOTES



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